

Beware!

The Lowly Tick.....

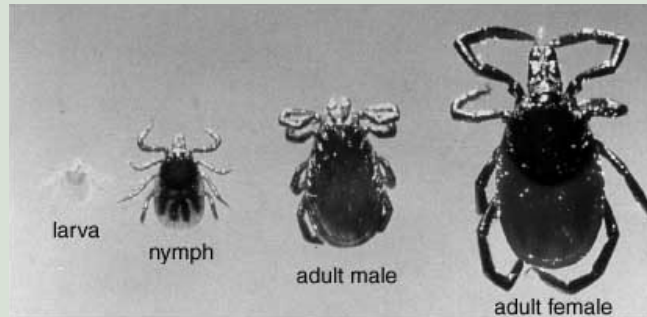
HQ Office of Safety and Health

Charles Wheeler

Spring is here and summer only a turn of the page away. Once again it is time to remind everyone of a danger faced by all who confront the "great outdoors".

Lyme disease is a bacterial infection transmitted by the bite of an infected tick. More than half of Lyme disease cases are contracted during the spring and early summer months when the tick, in its nymphal stage, is commonly found.

The Western Blacklegged tick is the only tick of the 48 species found in California known to transmit the disease. In the nymphal stage the tick is no larger than the head of a pin. As an adult it can reach 1/4" in length. Nymphs are more likely to feed on a person because their small size makes them hard to notice. Generally found in tall grass and brushy areas in both urban and rural settings, ticks crawl to the tips of vegetation where they wait for a host body to brush against them. Ticks can attach to any part of the body but often are hidden in hairy areas such as the armpit, groin or scalp.



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VIOLENCE IN THE WORKPLACE

Office of Safety and Health

T. Wayne Brazelton

Everyone has heard the stories of a worker going to their place of business and gunning down co-workers. This is the most extreme kind of workplace violence. More common is the employee who threatens others in the workplace. This can be done by actually making threats, or by yelling, slamming doors, or pounding their fists on a desk. The idea is to detect this kind of violence in the early stages, and get the employee the help needed to resolve their problem.

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Headquarters Office of Safety and Health

SAFER DAYS & HEALTHIER WAYS

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YOU, YOUR HEALTH, AND SAFETY

Caltrans HQ Lab, Testing and Technology Services

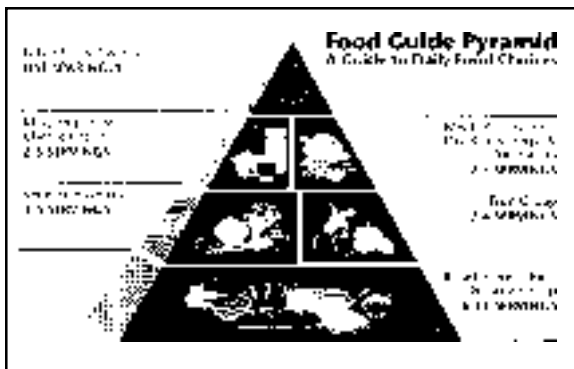
Toby Joe

Who wants to have happiness, prosperity, and longevity in the year 2000?

The year 2000 is the year of the Dragon according to the Chinese calendar. A person who is born in the year of the Dragon will have happiness, prosperity, and longevity in life. However, not everyone is born in the year of Dragon, but we can all have a chance at happiness, prosperity, and longevity by practicing health and safety at home, in the workplace, and in the community.

There are 3 simple and sustainable patterns to becoming more healthy and safe.

- 1. Happiness-** Get a good nights rest and eat a good breakfast to jump-start your body and energize your brain's cells. Eating, looking, and feeling well, taking care of your mental, emotional, and social being, and exercising regularly will help you in obtaining a healthy body and mind. Eat well-balanced meals everyday from the 6 food groups based on the food pyramid from the USDA Food Guide Pyramid. (see picture)
- 2. Prosperity-** When you look and feel well and have self-confidence, you will perform an outstanding job. A well-done job on any assignment can often result in higher pay or a promotion and better self esteem.
- 3. Longevity-** Having a healthy body and mind, exercising regularly, and eating well-balanced meals will increase your chances at having a long and quality life. That is also true in your job. Anyone doing a good job to increase productivity and following a good practice of work and personal safety will increase their chance to have a long and successful career.



So, what are you waiting for! Get a jump on your health and safety for the new millennium. Watch your health and work safely at your workplace.

Toby Joe works in the Caltrans Lab in Sacramento. He submitted this article to benefit all Caltrans employees. Thank you Toby. You too can get your article in the newsletter. See page 4 for details.

If you would like more information on eating healthy, contact Gail Schifsky at 916-227-2648 CALNET 498-2648.



Do yourself, those you work with,
and the taxpayers a favor...
pick up after yourself!

.....

Accident and Injury Resources

As a Supervisor, do you know where to go and what to do if your employee gets injured on the job? A complete list of the approved medical facilities can be accessed on the Caltrans intranet at:

<http://adsc.caltrans.ca.gov/OPO/PDFs/medfacilities.html>

Make sure the place you have in mind is on this list!

Also, Depending on the accident or injury, there are several additional Supervisory responsibilities. Supervisors should refer to the following chapters in the Safety Manual for this information:

- Ch.4-Accident investigation
- Ch.9-First aid and medical treatment
- Ch.18-Motor vehicle accidents
- Ch.10 & 19-Reporting and documenting

For additional information, contact the District or HQ Office of Safety and Health.

Access the Safety Manual at:

<http://www.dot.ca.gov/hq/opo/safety/>

KITCHEN SAFETY



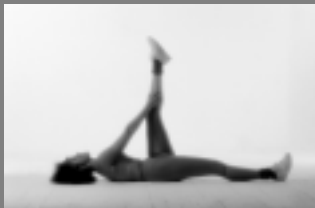
California State Fire Marshal

James F. Mullen, Chief

- Keep children a safe distance from hot liquids.
- Always use pot holders.
- Turn pot handles in or use rear burners.
- Hot grease causes severe burns. Avoid using deep-fat fryers around children.
- Keep your fire extinguisher in a convenient location away from heat sources.
- Follow instructions carefully when using microwave ovens.
- Wear short sleeves or fitted clothing when cooking.
- If your clothing should catch fire, immediately STOP, DROP, and ROLL to smother flames.
- Cool a burn with cold tap water. Do not apply butter. If severe, cover with a sterile pad or clean sheet and seek medical attention immediately.
- Scalds and burn injuries are on the increase. The highest risks are the very young and the elderly.

CELEBRATE HEALTH & FITNESS DAY MAY 17, 2000

Governor Davis has declared MAY 17th as "Employee Health & Fitness Day" in California. The day will be observed by a variety of events



on events planned at your worksite.

throughout the state, including hypertension screenings by the American Heart Association in many CT districts. Check with your Headquarters/District Safety Officer for further information



VIOLENCE

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Studies have shown that if the perpetrator is confronted early on, usually the problem can be resolved and the employee can continue to be a productive part of the work force. That's where you come in.

If you notice a co-worker displaying any of the warning signs listed in Chapter 6 of the Safety Manual, report your observation to your supervisor. Not only can this help to keep our workplace safer, but it can save your co-worker a lot of unnecessary grief, and possibly their job and their life!

The Caltrans Workplace Violence Policy

It is Caltrans policy to conduct business, provide services, and protect its employees and the public from harm by providing a safe and secure work environment that has zero tolerance for violence, threats, harassment, and intimidation. Intimidating behaviors would include shouting, slamming doors, and throwing objects. Regardless of an individual's actual intent, a threat, either direct or indirect, to do harm to another employee or member of the public will result in an adverse action against the employee, such as dismissal from State service.

Here are a couple of examples from the Caltrans files of not following the policy:

An employee was dismissed from State service after threatening to kill his supervisor. This was because his supervisor gave him a Leave Control Memorandum due to his poor attendance. Management took the employee's threat seriously and notified local authorities. The police arrived, and the employee indicated that he didn't just mean his supervisor, he meant to harm anyone who bothered him that day.

Another employee was given a one month suspension for telling his co-workers that he was waiting for them to do something wrong so he would have a reason to put them in the hospital.

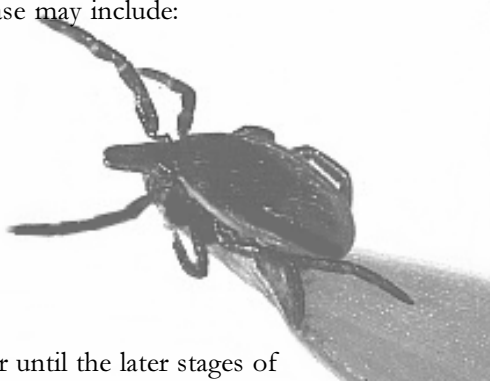
The bottom line here is not to commit acts of violence, or even joke about them! Regardless of your intent, it will be taken seriously. To learn more about workplace violence, check out Chapter 6 in the Safety Manual.

BEWARE!

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Early symptoms of Lyme disease may include:

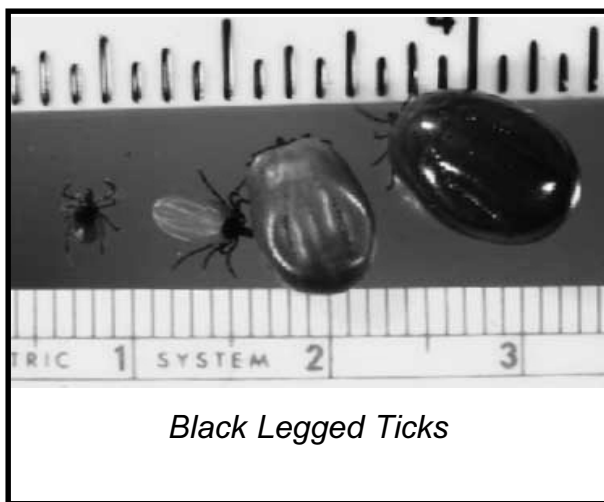
- A characteristic spreading, circular skin rash
- Fatigue
- Chills and fever
- Headache
- Muscle and joint pain
- Swollen lymph nodes



These symptoms may disappear until the later stages of the disease, weeks, months, or possibly years later. Later symptoms may include arthritis and nervous system or heart disorders. In its early stages Lyme disease responds well to antibiotics.

Your chances of being bitten by ticks and contracting Lyme disease can be reduced by:

- avoiding tick-infested areas
- wearing light colored clothing so that ticks can be easily seen
- tucking pant legs into boots or socks and tucking shirt tails into pants
- using a repellent registered for use against ticks (always follow the directions on the label)
- not using insecticides, lighted matches or solvents to remove ticks (this can do more harm than good)
- inspecting your body at least once a day for attached ticks.



Black Legged Ticks

If you discover a tick attached to your body, remove it as soon as possible to reduce the chance of infection. Proper removal of the tick within 24 hours greatly reduces the chance of Lyme disease infection.

Grasp the tick as close to the skin as possible, preferably with fine nosed tweezers, pulling slowly and firmly straight out. Wash your hands and the wound with an antiseptic. If you think you didn't get all of the tick out or you experience symptoms, consult your doctor.

What is important is not that there are uncontrollable events in our lives, but how we respond to them.

---Hyrum W. Smith



Discuss Safety!

DID YOU KNOW?

Any time you rent a vehicle for state business you should use a blue General Services card or a Government American Express card, and here's why...

Under the General Services contract, any damage to a rented vehicle will be repaired at NO cost regardless of fault, and liability insurance up to \$500,000 is in effect automatically.

That's cool!

SAFER DAYS

& HEALTHIER WAYS



Headquarters Office of Safety and Health

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